

# 2018 CARA Competition Season



[www.caragymnastics.org](http://www.caragymnastics.org)

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# Teamwork:

noun

Cooperative or coordinated effort on the part of a group of persons acting together as a team or in the interests of a common cause.

-Dictionary.com



The Gunnison Parks & Recreation CARA Gymnastics TEAM is focused on individual progression and achievement, along with team building, team progression, team achievements, and encouragement. We work together in practice and at meets, encouraging and helping each other throughout the season. You will find positive words around the gym that we strive to live by each day, in order to make the gym a safe and inviting place of acceptance.

Inspiration  
Respect  
Confidence  
Courage  
Passion  
Dedication  
Cooperation  
Determination  
Support

These words are referenced every day in practice. We encourage the girls to keep them in mind and to keep the gym feeling like a community. We want the gym to be a safe place for all. We strive to be there for the girls, in and out of the gym. We cannot wait to see how well the girls do this season and recognize them for their efforts.

**Love Your Coaches,**  
Sam, Courtney, Kenna, Olivia & Katherine





Check out our Facebook Page:  
**Gunnison CARA Gymnastics**  
 Add your photos and announcements throughout the season!



We asked some of our Optional  
 Girls to describe GYMNASTS using  
 ONE word:





# Compulsory Level 3

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**Hard work beats talent when talent  
doesn't work hard.**

**- unknown**



# Compulsory Level 4

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I will keep smiling, be positive and never give up!  
 I will give 100% each time. These are always my  
 goals and attitude.

—Yani Tseng



# Optionals

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**You get out, what you put in**  
**-Coach Sam**

# PRACTICE EXPECTATIONS and information

Gymnasts should plan to attend and be committed to every practice during the competition season  
(January—July)

It is appreciated if advanced notice of practice absences are communicated with Coaches. We understand last minute sickness, but known absences should be communicated.

Gymnasts attitude is key to success in the gym and at meets. If attitude becomes a problem, it will 1st be addressed with the gymnasts, and if it continues to be problematic a parent meeting will be set up. This program is not designed to keep any gymnast practicing/competing if they are not interested and/or disrespectful.

Practice Schedule for the competition season ENDS with the last practice before Regionals. Gymnasts are encouraged to attend these practices even if they do not qualify for regionals. ONLY state qualifying gymnasts will continue with practice after Regionals.

NO GUM

Hair tied UP, or BACK for every practice.

Leo or tight shirt & shorts/pants for every practice. No baggy clothing.

Bring WATER for every practice, and EAT before practice.

Injuries that happen outside of the gym need to be discussed/disclosed with a coach BEFORE practice starts.

# MEET EXPECTATIONS and information

**Must attend 2 out of the 4 meets per season.** MUST attend the practice BEFORE a meet to compete in the meet. Communication with coaches must happen 2 weeks before missing a pre-meet practice.

Gymnasts need to show up to the meet dressed out with hair up ready to go 30 minutes prior to the scheduled “warm up time”. If sessions end early, the following session will start sooner than the scheduled time.

**\*Meet time changes will be communicated on the Facebook page as coaches have time to do so\***

Gymnasts should have ALL food/snacks and water with them during a meet. They will not be able to visit parents during their competitions.

Gymnasts are required to stay with the team and pay attention to event rotations during the meet. Coaches will direct gymnasts, but it is the responsibly of the gymnast to follow directions .

**Parents are NOT ALLOWED to be on the competition floor ANYTIME during a Meet!**

# **C.A.R.A. Gymnastics Code of Ethics-Duties and Responsibilities**

The C.A.R.A. Gymnastics Committee, in the advancement of the sport of recreational gymnastics in Colorado, has determined that the duties and responsibilities of the involved parties in C.A.R.A. gymnastics are as follows:

## **Gymnasts**

- a. Dress in appropriate attire and maintain a proper appearance.
- b. Do not display profanity or disruptive behavior.
- c. Adhere to the scheduled warm-up rotation.
- d. BE SAFE – Do not attempt any tricks that you are unsure of or have not performed safely in practices.
- e. Stay with your team for entire meet including the awards ceremony.
- f. Strive to do your best at each meet. Encourage your teammates.

## **Parents/Spectators**

- a. Encourage gymnasts to do their best.
- b. Address any questions or concerns about the meet to your coach not a judge or the meet host.
- c. Are not allowed in the competition area at any time for any reason.
- d. Are encouraged to take pictures during the meet and at awards, but flash devices are prohibited.
- e. Proper behavior toward meet host and judges and other teams.

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## **Regular Season Competitions**

At regular season meets there will be a spectator admission of \$3 per person.

There will be one judge on each event.

Awards will be given to the top six gymnasts in each event and in the all-around for each age division. NO team scores. In case of ties, multiple ribbons will be awarded.

Participation ribbons will be distributed to each athlete.

Host sites are supposed to provide meet information a minimum of one week prior to each meet. This info will be posted on the CARA Gymnastics website at [www.caragymnastics.org](http://www.caragymnastics.org).

## **Post Season Competitions**

Regional and State Meet spectator admission fees will be \$5 per person (ages 2 and up).

State meet will have two judges per event. The Regional Meet is likely to have two judges per event, however it is not required.

Six places will be awarded in each event and the all-around for each age division. In case of a tie, the gymnast with a higher score from the "Superior Judge" will be awarded.

Participation ribbons will be distributed to each athlete.



# Mandate Procedures

## Compulsory Gymnasts:

A level 3 compulsory gymnast who scored a 34.00 all around twice during the season may not compete in level 3 the following season.

A level 4 compulsory gymnast who scored a 33.00 all around twice during the season may not compete Level 4 the following season.

Super Category – Any gymnasts that scores the above (regional qualifying) scores two times during the season, will be put in the Super Category for regionals and state. They will compete against other “super gymnasts.”

## Optional Gymnasts:

In order to be mandated to a higher competitive level, a gymnast must fall into at least one of the following situation categories. Each team is responsible for monitoring and moving their gymnasts throughout the regular season in accordance with the mandate procedure. Any gymnast that has not been moved during the regular season will be mandated to her appropriate level at the regional meet by the league. All of the gymnasts' current season scores are used to determine her level, even if her level changes more than once in a single season. A gymnast's level will not change from the Regional to the State meet.

### \*Situation One: Mandate by Event:

In the event that a gymnast, in an assigned optional level, scores equal to or greater than a higher competitive level qualifying score in 3 events, twice during the regular season, that competitor will be assigned to the higher skill level. This mandate situation does not have to occur in the same meet or congruent meets. If mandated to upper level in at least three events and had qualified all around in lower level they may compete all around in new level.

### \*Situation Two: Mandate By All-Around:

In the event that a gymnast, in assigned optional level, scores equal to or greater than a higher competitive level all around regional qualifying score, twice during the regular qualifying season, that competitor will be assigned to the higher skill level.

### \*Situation Three: Mandate by Level Jump:

If an optional gymnast scores the All Around score of two levels above their current level once, they are moved up one level for their next competition. (Example: An optional 1 scores the optional 3 All Around score she is automatically advanced to the Optional 2 level for her next competition).

# Mandate Procedures Continued

## **\*Situation Four: Mandate to Open division 5:**

If an optional gymnast scores the All Around score of 34.00 twice in the regular season, they are moved up to optional 5 for the Regional and State competition. The three event rule is also applicable to mandating to Optional 5's. If an Optional 5 scores a 34.5 all around score at Regionals, they will go to State in all around regardless of their placing at Regionals. If they receive an individual even qualifying score at Regionals, they will also qualify for the state meet.

## **\*Situation Five: All Around Mandates after season (regular season mandates still apply):**

The top All around scores for each Optional gymnast will be collected after each competitive season. The athletes will then be ranked according to score and the following policies will be in place.





## Regional Qualifying Scores

### Compulsory 3

Vault	Beam	Bars	Floor	A-Around
7.5	6.5	7.0	7.5	28.5

### Compulsory 4

Vault	Beam	Bars	Floor	A-Around
6.8	6.5	6.2	7.0	26.5

### Optionals

	Vault	Beam	Bars	Floor	A-Around
Opt 1	7.0	6.5	6.5	7.0	27.0
Opt 2	7.5	7.0	7.0	7.5	29.0
Opt 3	8.0	7.5	7.5	8.0	31.0
Opt 4	8.5	8.0	8.0	8.5	33.0
Opt 5	8.8	8.45	8.45	8.8	34.5

**To Qualify for State, you must place in  
the top 6 at Regionals.**



## 27 Don'ts for Parents of Gymnasts

This article was written by J. Howard, Professional gymnastics coach since 1980, Tumbling, Double mini and Trampoline coach since 1986, gymnastics author of 26 books, Gymnastics/Sports hypnotist, Coach of Gymnastics, Tumbling, Double-mini, Trampoline and Cheer-leading State, Regional, National, Jr. Olympic National, Jr. Elite National and Jr. World Age Group Champion medalists, commercial gymnastics web site designer, consultant and owner, gymnastics business consultant, Gymnastics staff trainer, Gymnastics equipment and facility layout designer, NCAA Division I cheer-leading coach for two years, Company CEO, business strategy and computer consultant. *Enjoy!*

**Here are 27 things parents of gymnasts should avoid doing so they don't interfere with the positive benefits:**

1. Don't compare your gymnast's progress with that of other gymnasts.
2. Don't become overly ego-involved with your gymnast's success or lack of it.
3. Don't take judge's scores too seriously, especially at the lower levels.
4. Don't forget the need for fun in gymnastics.
5. Don't stand for unacceptable behavior from your gymnast during practice or competitions.
6. Don't participate in gossip about anyone in the gymnastics community.
7. Don't interfere with coaches and their coaching duties during practice or competitions.
8. Don't pressure your gymnast regarding skills or competition.
9. Don't set unrealistic goals for your gymnast.
10. Don't predicate your love or attention on your gymnast's competitive success.
11. Don't base your own ego or self-esteem on the success of your gymnast's progress or competitive success.
12. Don't lose your long-term perspective about the importance of your gymnast's participation in the sport.
13. Don't let yourself care too deeply about your gymnast's competition results.
14. Don't undercut your gymnast's confidence in their coaches or coaching.
15. Don't show any negative emotions while watching your gymnast practice or compete.



16. Don't try to make your gymnast talk with you immediately after a gymnastics meet, especially if they performed poorly.
17. Don't do or say anything to make your child feel guilty for the time and money you are spending on their gymnastics or any sacrifices you feel are making for them to participate in the sport.
18. Don't badmouth your gymnast's coaches, your gym or other gymnasts in front of your gymnast.
19. Don't attempt to coach your gymnast yourself.
20. Don't alienate your gymnast's coaches.
21. Don't predicate your support for your gymnast's participation in the sport on any expectation of a monetary return like receiving a college scholarship.
22. Don't try to recreate your own career or live out your own sports dreams through your gymnast.
23. Don't do anything to make enemies with other gymnast's parents.
24. Don't expect anything more from your gymnast except their best effort.
25. Don't ever do or say anything that will cause your gymnast to think less of you.
26. Don't use sarcasm, threaten or use fear to try to motivate your gymnast.
27. Don't expect anything more from gymnastics than physical fitness, life skills and fun for your gymnast.

I have to say that this list brings more than one thing to mind. Throughout Chloe's 7+ years in gymnastics we have come across more than a few of these problems and have struggled with a few of these ourselves. Number 17 in particular is one that I struggle with. I will often tell Chloe how much money we soak in to her gymnastics with an added statement about how we are happy to do it, but.....

So many of the above list are things we want for Chloe, like doing HER best, like NOT comparing herself to others, like setting realistic goals, respecting the coaches (for us and her). It is so important to support those that are teachers and role models for your children, even if you don't always agree. Those discussions are better left for closed door conversations!

I thought high school was pure HELL, but I don't think it even comes close to the drama and politics that adults can stir up! We all know who we think are the "crazy gym parents", and not only do I hope I am not one of them, but it is something I actively think about and work on. One of the things we talk about with Chloe is about how she won't remember the scores or the places that she ranked 10 years from now. Some things she might remember are the fighting through an injury to go and support your team, or the early morning car trips with her dad where they came up with crazy names for the places they are going.

I will remember this: the evident look of pride, contentment and joy that she had every time she won even the slightest little thing. It will always be amazing to me how happy she can be, even over 11th place! The competitiveness in me is one thing I will always stifle and I am thrilled to see that she does not have so much of that. Because in the end she will be a happier, more well rounded person if she is more of a team player and less of a competitor.



## A Fact Sheet for PARENTS

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

#### Signs Observed by Parents or Guardians

*If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:*

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

#### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

### HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

#### 1. SEEK MEDICAL ATTENTION RIGHT AWAY.

A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

#### 2. KEEP YOUR CHILD OUT OF PLAY.

Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

#### 3. TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.

Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

***It’s better to miss one game than the whole season.***

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

Who doesn't like to save money when possible? Traveling can be expensive, but with a few conscious choices you can bring down the cost. Try these tips when planning for gymnastics meets and your wallet will thank you.

**Carpool with another family.** A lot of times we are traveling and going to the same place all day, for the whole weekend. Enjoy friends and travel together if your schedule allows. Take turns on parents who take the girls to meets. Maybe Family A takes gymnast from Family B one week, then the next meet, Family B takes gymnast from Family A for the meet!

**Share a hotel room.** If you are traveling with one adult and one child and another family has one adult and one child.....a hotel room with double beds means figuring out shower schedules and sleep habits, but the money saved is worth the time it takes to figure out these details and be flexible. With three or more, it can be expensive to stay in a hotel because needing to get adjoining rooms. An apartment or condo is often much cheaper. Try VRBO, AirBnB, HomeAway, and TripAdvisor.

**Book a room with a refrigerator/microwave or kitchen area.** Although some people might not like to cook while traveling if you are staying in town for more than one night, a microwave and fridge will also be helpful for reheating leftovers from the night before. For a super budget friendly stay, you can also use the microwave to help heat up lunch or dinner that you brought from home.

**Look for free activities.** If you do a little research, you'll see there are often lots of free activities in the area. Look at community calendars to see what is going on in town while you are there. Do a self-guided walking tour to familiarize yourself with your destination. Museums often have a 'pay what you can' day once a week and sometimes have discounted admission after a certain time of day. In Denver one of our favorite "free tours" is the Hammond Candy Factory. Factory tours are always informative and fun and usually free! Parks are good clean free fun also!

**Shop at farmer's markets and local stores.** Farmer's markets often lower the price of their food towards the end of the day. Also, shopping at local stores allows you to taste the local cuisine without having to pay the price of a restaurant. Buy some local fish and cook it up at your condo.

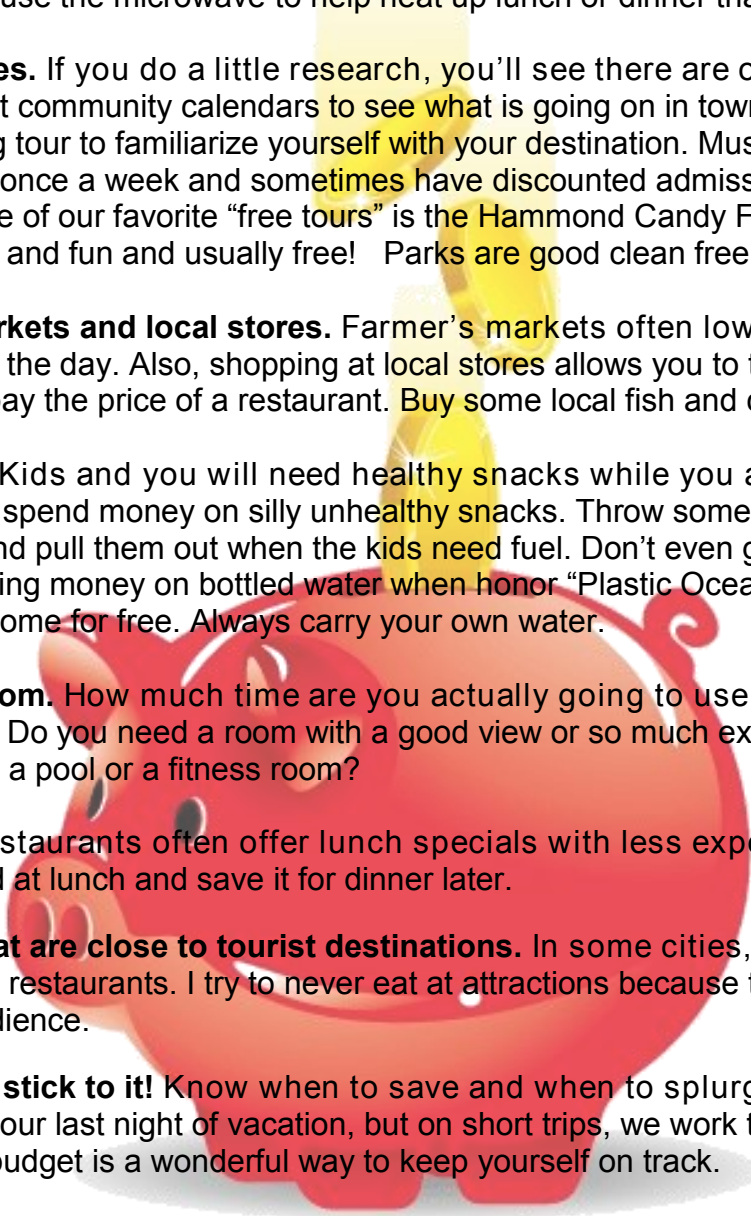
**Carry snacks/water.** Kids and you will need healthy snacks while you are at the meets, and it drives me crazy to spend money on silly unhealthy snacks. Throw some vegetables and granola bars in your bag and pull them out when the kids need fuel. Don't even get me started on how much I hate spending money on bottled water when I honor "Plastic Ocean" and buy bring my own water bottle from home for free. Always carry your own water.

**Don't get the best room.** How much time are you actually going to use your room? Will you just be sleeping there? Do you need a room with a good view or so much extra space? Will you use the amenities, such as a pool or a fitness room?

**Have a big lunch.** Restaurants often offer lunch specials with less expensive prices. You could also buy extra food at lunch and save it for dinner later.

**Don't eat in areas that are close to tourist destinations.** In some cities, walking just a few blocks can slash prices at restaurants. I try to never eat at attractions because they tend to raise the price to their captive audience.

**Create a budget and stick to it!** Know when to save and when to splurge. We enjoy eating at a nice restaurant on our last night of vacation, but on short trips, we work to stick to a reasonable budget. Having a budget is a wonderful way to keep yourself on track.



Meet Location:  
Meet Goals:

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Meet Location:  
Meet Goals:

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Meet Location:  
Meet Goals:

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Meet Location:  
Meet Goals:

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**Please Note:** This page should only be used to help parents understand and organize competition better. The coaching staff wants gymnasts to focus on their events/routines rather than their scores. Scores flashed at the end of an event can change and are not final. Scores posted in the gym after the meet are final scores.

EVENT	SCORE	NOTES	Meet Location:
BARS			
BEAM			
VAULT			
FLOOR			
ALL AROUND			

EVENT	SCORE	NOTES	Meet Location:
BARS			
BEAM			
VAULT			
FLOOR			
ALL AROUND			

EVENT	SCORE	NOTES	Meet Location:
BARS			
BEAM			
VAULT			
FLOOR			
ALL AROUND			

EVENT	SCORE	NOTES	Meet Location:
BARS			
BEAM			
VAULT			
FLOOR			
ALL AROUND			